

## Overweight and Obesity among Adults with Diabetes

Adults who are overweight or obese are at higher risk for developing type 2 diabetes. Excess body weight is linked to insulin resistance, and weight control can increase the efficiency of the insulin receptors in the cells. The determination of being overweight or obese is based on a calculated height to weight ratio known as Body Mass Index (BMI). According to the American Heart Association (AHA), BMI is measured as weight in kilograms divided by height in meters squared ( $\text{kg}/\text{m}^2$ ).

In studies by the National Center for Health Statistics, BMI categories are as follows:

- <18.5: underweight.
- 18.5-24.9: healthy.
- 25.0-29.9: overweight. Increased risk for cardiovascular disease and diabetes.
- 30.0 or greater: obese, or about 30 pounds or more overweight. Increased risk for cardiovascular disease and diabetes.
- 40.0 or greater: extreme obesity.

The AHA notes that, some well-trained people with dense muscle mass may have a high BMI score but very little body fat. For them a waist circumference, skin fold or fat fold measurement, or a more direct method of measuring body fat may be more useful.

A BMI calculator, where an individual can enter height and weight, can be found on the Centers for Disease Control and Prevention's website: <http://www.cdc.gov/healthyweight/assessing/bmi/>

In Virginia in 2010:

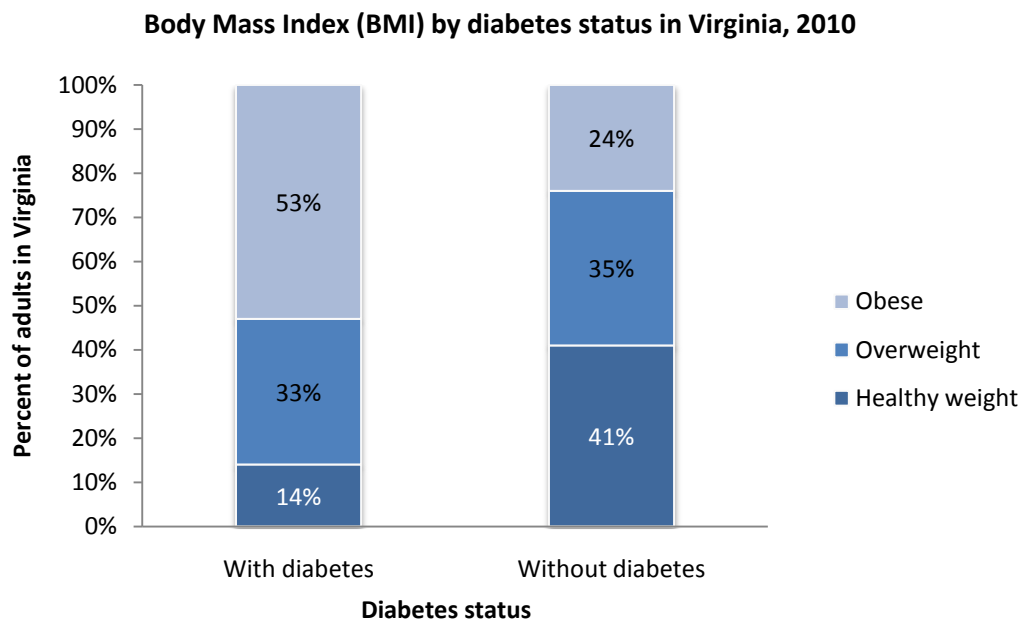
- 85.8% of adults with diabetes are overweight or obese, compared to 58.9% of adults without diabetes.
- 52.8% of adults with diabetes are obese, compared to 23.9% of adults without diabetes.
- Persons with diabetes are more than twice as likely to be obese than those without diabetes.

### Overweight and obesity by diabetes status, Virginia, 2010

	Healthy weight	Overweight (including obese)	Obese
<b>With diabetes</b>	14.3%	85.8%	52.8%
<b>Without diabetes</b>	41.0%	58.9%	23.9%

Source: Behavioral Risk Factor Surveillance System (BRFSS), 2010.

Data notes: Percents are weighted based on demographic and household characteristics.



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#### Healthy People 2020 Objectives:

(D-16.2) Increase the proportion of persons at high risk for diabetes with pre-diabetes who report trying to lose weight to 55%.

(NWS-8) Increase the proportion of adults who are at a healthy weight to 33.9%.

(NWS-9) Reduce the proportion of adults who are obese to 30.6%.

Sources: Virginia BRFSS, 2010;

American Diabetes Association: [Diabetes and Obesity](#); [www.diabetes.org](http://www.diabetes.org)

American Heart Association: [Obesity Information](#); [www.heart.org](http://www.heart.org);

CDC – [BMI calculator](#); [www.cdc.gov/healthyweight](http://www.cdc.gov/healthyweight).